

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A449 – APRICOTS, FROZEN, SLICED, SINGLE SERVE, 4.5 OZ

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Sliced apricots packed in individual serving cups. Sliced U.S. Grade A apricots, packed in syrup at a ratio of 5 + 1 fruit to sugar. Ascorbic and citric acid may be added.
PACK/YIELD	<ul style="list-style-type: none"> 96/4.5 oz units per case. Each unit contains 4.5 oz frozen sliced apricots and juice. One 4.5 oz unit AP provides ½ cup thawed, sliced apricots and juice. CN Crediting: One 4.5 oz unit sliced apricots provides ½ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen apricots in freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Thaw unopened cups of apricots overnight in the refrigerator, spacing containers on shelves for good air circulation.



Nutrition Information

Apricots, frozen, sweetened

	½ cup (121 g)
Calories	118
Protein	0.85 g
Carbohydrate	30.37 g
Dietary Fiber	2.7 g
Sugars	N/A
Total Fat	0.12 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1.09 mg
Calcium	12 mg
Sodium	5 mg
Magnesium	11 mg
Potassium	277 mg
Vitamin A	2033 IU
Vitamin A	102 RAE
Vitamin C	10.9 mg
Vitamin E	N/A



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USES AND TIPS	<ul style="list-style-type: none">• Apricots are ready to thaw and serve as a fruit or dessert.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze apricots.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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